

RECOVERY ASSESSMENT SCALE (24-ITEM)

INSTRUCTIONS: Below is a list of statements that describe how people sometimes feel about themselves and their lives. Please read each one carefully and circle the number to the right that best describes the extent to which you agree or disagree with the statement. Circle only one number for each statement and do not skip any items.

Recovery Assessment Scale Items	<u>Strongly Disagree</u>	<u>Disagree</u>	<u>Not Sure</u>	<u>Agree</u>	<u>Strongly Agree</u>
1. I have a desire to succeed.	1	2	3	4	5
2. I have my own plan for how to stay or become well.	1	2	3	4	5
3. I have goals in life that I want to reach.	1	2	3	4	5
4. I believe I can meet my current personal goals.	1	2	3	4	5
5. I have a purpose in life.	1	2	3	4	5
6. Even when I don't care about myself, other people do.	1	2	3	4	5
7. Fear doesn't stop me from living the way I want to.	1	2	3	4	5
8. I can handle what happens in my life.	1	2	3	4	5
9. I like myself.	1	2	3	4	5
10. If people really knew me, they would like me.	1	2	3	4	5
11. I have an idea of who I want to become	1	2	3	4	5
12. Something good will eventually happen.	1	2	3	4	5
13. I'm hopeful about my future.	1	2	3	4	5
14. I continue to have new interests.	1	2	3	4	5
15. Coping with my mental illness is no longer the main focus of my life.	1	2	3	4	5
16. My symptoms interfere less and less with my life.	1	2	3	4	5
17. My symptoms seem to be a problem for shorter periods of time each time they occur.	1	2	3	4	5
18. I know when to ask for help.	1	2	3	4	5
19. I am willing to ask for help.	1	2	3	4	5
20. I ask for help when I need it.	1	2	3	4	5
21. I can handle stress.	1	2	3	4	5
22. I have people I can count on.	1	2	3	4	5
23. Even when I don't believe in myself, other people do.	1	2	3	4	5
24. It is important to have a variety of friends.	1	2	3	4	5

Session Rating Scale (SRS V.3.0)

Name: _____ Age (Years): _____
ID#: _____
Session # _____ Date: _____

Please rate today's session by placing a mark on the line nearest to the description that best fits your experience.

Relationship

I did not feel heard, understood, and respected.

I-----I

I felt heard, understood, and respected.

Goals and Topics

We did *not* work on or talk about what I wanted to work on and talk about.

I-----I

We worked on and talked about what I wanted to work on and talk about.

Approach or Method

The therapist's approach is not a good fit for me.

I-----I

The therapist's approach is a good fit for me.

Overall

There was something missing in the session today.

I-----I

Overall, today's session was right for me.

Institute for the Study of Therapeutic Change

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Substance Use Stigma Mechanism Scale (SU-SMS)

Co-developed by: Laramie R. Smith, Ph.D. and Valerie A. Earnshaw, Ph.D.

Intended use: The SU-SMS was developed for use in a diverse range of substance using populations. It can be adapted for persons affected by alcohol use and/or drug use disorders accordingly. The SU-SMS may be administered to substance-using populations more broadly, including those who are out-of-treatment, non-treatment seeking, treatment-seeking, and in-treatment for substance use disorders.

Scoring: All responses are given on a 5-point Likert-type scale, with higher scores indicating greater endorsement of substance use stigma. Enacted (6 items), Anticipated (6 items), and Internalized (6 items) scales can be created by taking the average of the item responses given for each stigma mechanism respectively. Stigma source sub-scales can be created for Enacted and Anticipated stigma by taking the average responses given for the healthcare worker (3 items) and family members (3 items) item responses respectively.

Citation: Smith LR, Earnshaw VA, Copenhaver MM, Cunningham C. Substance use stigma: Reliability and validity of a theory-based scale for substance-using populations. *Drug Alcohol Depend.* In press

Instructions: The following questions ask about your **alcohol and/or drug use history**, this includes any past or current experiences using alcohol and/or drugs. Please think about each question and circle your answer. The first group of questions asks about how people have treated you **in the past** because of alcohol and/or drug use history. The second group of questions asks about how people will treat you **in the future** because of your alcohol and/or drug use history.

ENACTED STIGMA (header can be omitted in survey)

How often have people treated you this way **in the past** because of your alcohol and/or drug use history?
Please circle your response.

		Never	Not often	Somewhat often	Often	Very Often
1.	Family members have thought that I cannot be trusted.	1	2	3	4	5
2.	Family members have looked down on me.	1	2	3	4	5
3.	Family members have treated me differently.	1	2	3	4	5
4.	Healthcare workers have not listened to my concerns.	1	2	3	4	5
5.	Healthcare workers have thought that I'm pill shopping, or trying to con them into giving me prescription medications to get high or sell.	1	2	3	4	5
6.	Healthcare workers have given me poor care.	1	2	3	4	5

ANTICIPATED STIGMA (header can be omitted in survey)

How likely is it that people will treat you in the following ways **in the future** because of your alcohol and/or drug use history?

		Very unlikely	Unlikely	Neither unlikely nor likely	Likely	Very likely
1.	Family members will think that I cannot be trusted.	1	2	3	4	5
2.	Family members will look down on me.	1	2	3	4	5
3.	Family members will treat me differently.	1	2	3	4	5
4.	Healthcare workers will not listen to my concerns.	1	2	3	4	5
5.	Healthcare workers will think that I'm pill shopping, or trying to con them into giving me prescription medications to get high or sell.	1	2	3	4	5
6.	Healthcare workers will give me poor care.	1	2	3	4	5

INTERNALIZED STIGMA (header can be omitted in survey)

How do you **feel** about your alcohol and/or drug use history?

		Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
1.	Having used alcohol and/or drugs makes me feel like I'm a bad person.	1	2	3	4	5
2.	I feel I'm not as good as others because I used alcohol and/or drugs.	1	2	3	4	5
3.	I feel ashamed of having used alcohol and/or drugs.	1	2	3	4	5
4.	I think less of myself because I used alcohol and/or drugs.	1	2	3	4	5
5.	Having used alcohol and/or drugs makes me feel unclean.	1	2	3	4	5
6.	Having used alcohol and/or drugs is disgusting to me.	1	2	3	4	5

To Whom it May Concern:

Feel free to use the Perceived Stigma of Substance Abuse Scale (PSAS) in your research. If you have any questions about the scale, please email me. I would also ask that you let me know about any results you obtain using the scale and/or send me a copy of any articles that you publish that contain the scale. There is little research being conducted on stigma in addiction and so I like to try to help facilitate new research and keep abreast of what's happening. The appropriate reference is listed below.

Please also note that there was a minor error in the original publication that stated that the measure was scored using a 7-point Likert scale. The measure was actually scored using the 4-point Likert scale as used in the measure below.

Regards,

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The scale and publication can be obtained at:

<http://www.portlandpsychotherapyclinic.com/training/publications>

Reference:

Luoma, J. B., O'Hair, A. K., Kohlenberg, B. S., Hayes, S. C., Fletcher, L. (2010). The development and psychometric properties of a new measure of perceived stigma toward substance users. *Substance Use and Misuse, 45, 47-57.*

Scoring

This scale provides a single total score.

Reversed scored items are 1, 2, 3, 4, 6, 8

The scale total score ranges from 8-32 with higher scores indicating greater perceived stigma

PSAS

Please read each statement carefully and circle the number below the item that indicates the degree of your agreement or disagreement with each statement. Please use the scale below, and please do not omit any item.

1. Most people would willingly accept someone who has been treated for substance use as a close friend.

1	2	3	4
Strongly disagree	Disagree	Agree	Strongly agree

2. Most people believe that someone who has been treated for substance use is just as trustworthy as the average citizen.

1	2	3	4
Strongly disagree	Disagree	Agree	Strongly agree

3. Most people would accept someone who has been treated for substance use as a teacher of young children in a public school.

1	2	3	4
Strongly disagree	Disagree	Agree	Strongly agree

4. Most people would hire someone who has been treated for substance use to take care of their children.

1	2	3	4
Strongly disagree	Disagree	Agree	Strongly agree

5. Most people think less of a person who has been in treatment for substance use.

1	2	3	4
Strongly disagree	Disagree	Agree	Strongly agree

6. Most employers will hire someone who has been treated for substance use if he or she is qualified for the job.

1	2	3	4
Strongly disagree	Disagree	Agree	Strongly agree

7. Most employers will pass over the application of someone who has been treated for substance use in favor of another applicant.

1	2	3	4
Strongly disagree	Disagree	Agree	Strongly agree

8. Most people would be willing to date someone who has been treated for substance use.

1	2	3	4
Strongly disagree	Disagree	Agree	Strongly agree

Adolescent Self-Regulatory Inventory (ASRI)

Rate how true each statement is for you ranging from 'Not at all true for me' to 'Really true for me.' Mark the box under the rating that best applies to you.

	Not at all true for me	Not very true for me	Neither true nor untrue for me	Somewhat true for me	Really true for me
1					
2					
3					
4					
5					
6					
7					
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36					

Implementing the EASE Awareness principle: Using the ISMI with Clients

EASE = Education, Awareness, Shift perspective, Empower

One way to help clients become more **Aware** of self-stigma is using the Internalized Stigma of Mental Illness (ISMI) to start discussion.

It is a 29-item measure with five subscales: alienation, stereotype endorsement, perceived discrimination, social withdrawal, and stigma resistance. The person is asked how much s/he agrees or disagrees with each statement, on a 1-4 scale. A full copy of the ISMI is on the back of this handout.

In addition to its use in research, the ISMI is an excellent way to start discussions about self-stigma -- to increase awareness and understanding about how stigma can come up in one's thinking and one's life. It can also highlight areas of strength and resilience.

You could use the ISMI in a number of ways. Some examples:

- In a group discussing specific individual items
- Asking an individual client to complete the entire measure and then discuss answers with a counselor
- Group or individual discussion of items in only one sub-scale, to focus on that topic
- Point out areas of strength reflected by lower stigma item scores and higher resistance item scores.
- Completing it with a client every couple months to discuss changes over time
- Use specific items as prompts for journaling or self-expression projects.
- You can come up with many others!

The ISMI can also be a useful way to discuss internalized stigma with trainees or co-workers.

Note: Within the VA staff can access the ISMI within Mental Health Assessments

Internalized Stigma of Mental Illness Inventory (ISMI)

We are going to use the term "mental illness" in the rest of this questionnaire, but please think of it as whatever you feel is the best term for it. For each question, please mark whether you strongly disagree (1), disagree (2), agree (3), or strongly agree (4).

	Strongly disagree	Disagree	Agree	Strongly agree
1. I feel out of place in the world because I have a mental illness.	1	2	3	4
2. Mentally ill people tend to be violent.	1	2	3	4
3. People discriminate against me because I have a mental illness.	1	2	3	4
4. I avoid getting close to people who don't have a mental illness to avoid rejection.	1	2	3	4
5. I am embarrassed or ashamed that I have a mental illness.	1	2	3	4
6. Mentally ill people shouldn't get married.	1	2	3	4
7. People with mental illness make important contributions to society.	1	2	3	4
8. I feel inferior to others who don't have a mental illness.	1	2	3	4
9. I don't socialize as much as I used to because my mental illness might make me look or behave "weird."	1	2	3	4
10. People with mental illness cannot live a good, rewarding life.	1	2	3	4
11. I don't talk about myself much because I don't want to burden others with my mental illness.	1	2	3	4
12. Negative stereotypes about mental illness keep me isolated from the "normal" world.	1	2	3	4
13. Being around people who don't have a mental illness makes me feel out of place or inadequate.	1	2	3	4
14. I feel comfortable being seen in public with an obviously mentally ill person.	1	2	3	4
15. People often patronize me, or treat me like a child, just because I have a mental illness.	1	2	3	4
16. I am disappointed in myself for having a mental illness.	1	2	3	4
17. Having a mental illness has spoiled my life.	1	2	3	4
18. People can tell that I have a mental illness by the way I look.	1	2	3	4
19. Because I have a mental illness, I need others to make most decisions for me.	1	2	3	4
20. I stay away from social situations in order to protect my family or friends from embarrassment.	1	2	3	4
21. People without mental illness could not possibly understand me.	1	2	3	4
22. People ignore me or take me less seriously just because I have a mental illness.	1	2	3	4
23. I can't contribute anything to society because I have a mental illness.	1	2	3	4
24. Living with mental illness has made me a tough survivor.	1	2	3	4
25. Nobody would be interested in getting close to me because I have a mental illness.	1	2	3	4
26. In general, I am able to live my life the way I want to.	1	2	3	4
27. I can have a good, fulfilling life, despite my mental illness.	1	2	3	4
28. Others think that I can't achieve much in life because I have a mental illness.	1	2	3	4
29. Stereotypes about the mentally ill apply to me.	1	2	3	4



The World Health Organization-Five Well-Being Index (WHO-5)

Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks. Notice that higher numbers mean better well-being.

Example. If you have felt cheerful and in good spirits more than half of the time during the last two weeks, select number three.

		All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
1	I have felt cheerful and in good spirits	5	4	3	2	1	0
2	I have felt calm and relaxed	5	4	3	2	1	0
3	I have felt active and vigorous	5	4	3	2	1	0
4	I woke up feeling fresh and rested	5	4	3	2	1	0
5	My daily life has been filled with things that interest me	5	4	3	2	1	0

Scoring

The raw score is calculated by totalling the scores on each of the five questions. The raw score ranges from zero to 25, zero representing worst possible mental well-being and 25 representing best possible mental well-being.

To get a percentage score ranging from zero to 100, the raw score is multiplied by four. A percentage score of zero represents worst possible mental well-being; a score of 100 represents best possible mental well-being.

Comment

A percentage score below 50 (or a raw score below 13) has been suggested as a cut-off for poor mental well-being and as an indication for further assessment for the possible presence of a mental health condition (e.g., depressive disorder) [4].

[4] Topp CW, Østergaard SD, Søndergaard S, Bech P. The WHO-5 Well-Being Index: a systematic review of the literature. *Psychother Psychosom.* 2015;84(3):167–176. doi:10.1159/000376585.

Brief Symptom Inventory BSA

“Here I have a list of problems people sometimes have. As I read each one to you, I want you to tell me **HOW MUCH THAT PROBLEM HAS DISTRESSED OR BOTHERED YOU DURING THE PAST 7 DAYS INCLUDING TODAY.** These are the answers I want you to use. *[Hand card and read answers.]*

Do you have any questions?”

0 = Not at all
 1 = A little bit
 2 = Moderately
 3 = Quite a bit
 4 = Extremely
 R = Refused

DURING THE PAST 7 DAYS, how much were you distressed by:

1. Nervousness or shakiness inside	0	1	2	3	4	R
2. Faintness or dizziness	0	1	2	3	4	R
3. The idea that someone else can control your thoughts	0	1	2	3	4	R
4. Feeling others are to blame for most of your troubles	0	1	2	3	4	R
5. Trouble remembering things	0	1	2	3	4	R
6. Feeling easily annoyed or irritated	0	1	2	3	4	R
7. Pains in the heart or chest	0	1	2	3	4	R
8. Feeling afraid in open spaces	0	1	2	3	4	R
9. Thoughts of ending your life	0	1	2	3	4	R

DURING THE PAST 7 DAYS, how much were you distressed by:

10. Feeling that most people cannot be trusted	0	1	2	3	4	R
11. Poor appetite	0	1	2	3	4	R
12. Suddenly scared for no reason	0	1	2	3	4	R
13. Temper outbursts that you could not control	0	1	2	3	4	R
14. Feeling lonely even when you are with people	0	1	2	3	4	R
15. Feeling blocked in getting things done	0	1	2	3	4	R
16. Feeling lonely	0	1	2	3	4	R
17. Feeling blue	0	1	2	3	4	R
18. Feeling no interest in things	0	1	2	3	4	R

0 = Not at all

1 = A little bit

2 = Moderately

3 = Quite a bit

4 = Extremely

R = Refused

DURING THE PAST 7 DAYS, how much were you distressed by:

19. Feeling fearful	0	1	2	3	4	R
20. Your feelings being easily hurt	0	1	2	3	4	R
21. Feeling that people are unfriendly or dislike you	0	1	2	3	4	R
22. Feeling inferior to others	0	1	2	3	4	R
23. Nausea or upset stomach	0	1	2	3	4	R
24. Feeling that you are watched or talked about by others	0	1	2	3	4	R
25. Trouble falling asleep	0	1	2	3	4	R
26. Having to check and double check what you do	0	1	2	3	4	R
27. Difficulty making decisions	0	1	2	3	4	R

DURING THE PAST 7 DAYS, how much were you distressed by:

28. Feeling afraid to travel on buses, subways, or trains	0	1	2	3	4	R
29. Trouble getting your breath	0	1	2	3	4	R
30. Hot or cold spells	0	1	2	3	4	R
31. Having to avoid certain things, places, or activities because they frighten you	0	1	2	3	4	R
32. Your mind going blank	0	1	2	3	4	R
33. Numbness or tingling in parts of your body	0	1	2	3	4	R
34. The idea that you should be punished for your sins	0	1	2	3	4	R
35. Feeling hopeless about the future	0	1	2	3	4	R
36. Trouble concentrating	0	1	2	3	4	R

0 = Not at all

1 = A little bit

2 = Moderately

3 = Quite a bit

4 = Extremely

R = Refused

DURING THE PAST 7 DAYS, how much were you distressed by:

37. Feeling weak in parts of your body	0	1	2	3	4	R
38. Feeling tense or keyed up	0	1	2	3	4	R
39. Thoughts of death or dying	0	1	2	3	4	R
40. Having urges to beat, injure, or harm someone	0	1	2	3	4	R
41. Having urges to break or smash things	0	1	2	3	4	R
42. Feeling very self-conscious with others	0	1	2	3	4	R
43. Feeling uneasy in crowds	0	1	2	3	4	R
44. Never feeling close to another person	0	1	2	3	4	R
45. Spells of terror or panic	0	1	2	3	4	R

DURING THE PAST 7 DAYS, how much were you distressed by:

46. Getting into frequent arguments	0	1	2	3	4	R
47. Feeling nervous when you are left alone	0	1	2	3	4	R
48. Others not giving you proper credit for your achievements	0	1	2	3	4	R
49. Feeling so restless you couldn't sit still	0	1	2	3	4	R
50. Feelings of worthlessness	0	1	2	3	4	R
51. Feeling that people will take advantage of you if you let them	0	1	2	3	4	R
52. Feeling of guilt	0	1	2	3	4	R
53. The idea that something is wrong with your mind	0	1	2	3	4	R

Psychometric properties of the Add Health School Connectedness Scale for 18 sociocultural groups

How strongly do you agree or disagree with the following statements about your school?" and are asked to respond to the following items:

I feel close to people at this school.

I am happy to be at this school.

I feel like I am part of this school.

The teachers at this school treat students fairly.

I feel safe in my school.

The response scale is 1 = *strongly disagree*, 2 = *disagree*, 3 = *neither disagree nor agree*, 4 = *agree*, and 5 = *strongly agree*, with total SCS scores ranging from 5 to 25